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ELECTION 2015

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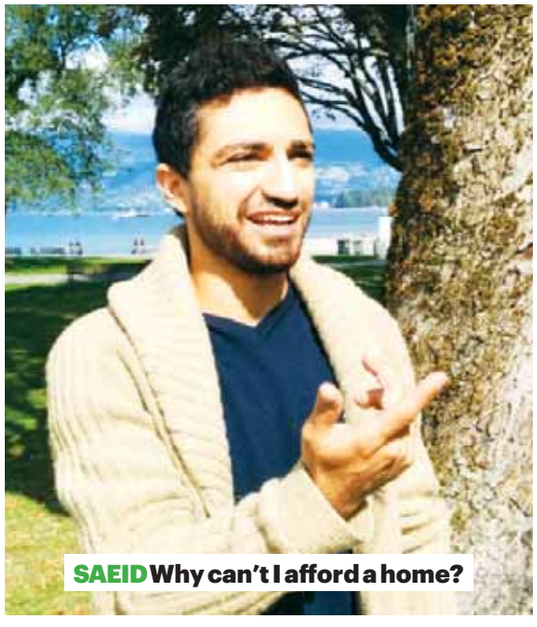
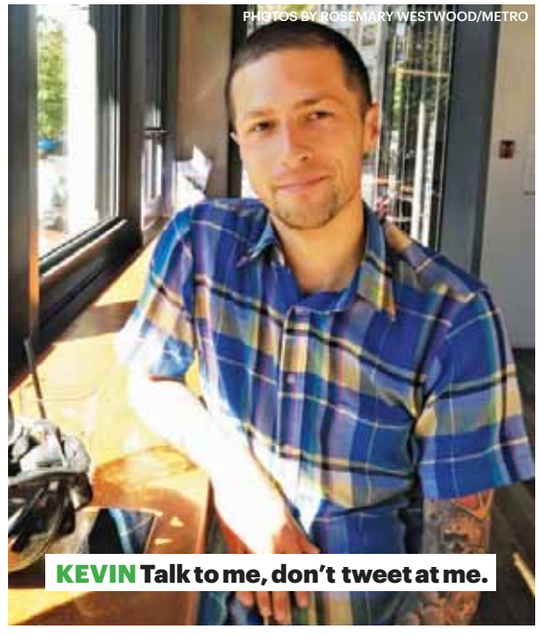


SAEID Why can't I afford a home?

JERILYNN This election is for Mother Earth.

PHOTOS BY ROSEMARY WESTWOOD/METRO



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metro NEWS

Your essential daily news

Retirement party honours Halifax mouser. **Canada**

Miley Cyrus visits B.C. amid cull controversy

PREDATOR CONTROL

Wolves hunting caribou to near extinction says gov't official

Miley Cyrus, the pop superstar who threw her support behind a Pacific Wild petition calling for an end to the B.C. wolf cull, visited the province this weekend.

Spirit Bear Adventures posted photos of Cyrus on its Facebook page Sunday, thanking her for visiting the traditional territories of the Kitasoo and Xaixais First Nations, singing with local youth and protecting the region's bears and wolves.

The visit comes as B.C. is aiming to increase the number of wolves it kills this winter in the second year of a plan to save endangered caribou, prompting criticism from celebrities and renewed debate over the controversial strategy.

"You rock!" read the post by Spirit Bear Adventures.

The eco-tourism operator's post included a pair of photos, one of which showed Cyrus singing with a group of young women.

Earlier in September, Cyrus asked her Instagram followers to sign a Pacific Wild petition to stop the killings. The petition has grown to almost 200,000 signatures.

Pop superstar Miley Cyrus, third from left, sings with a group of young women in this photo posted online Sunday by Spirit Bear Adventures. FACEBOOK

In response to Cyrus, B.C. Premier Christy Clark said she didn't think the American singer knew enough about B.C.'s environmental plan to save caribou herds to be jumping into the debate.

"If we need help on our twerking policy in the future, perhaps we can go and seek her advice," said Clark, who suggested Cyrus stick to her signature dance move.

But conservation scientist Chris Darimont of the University of Victoria said Cyrus is expressing what many people feel about the wolf cull.

> **It's like trying to dial a radio station in with boxing gloves on.**
> Tom Ethier

"Despite her not being a particularly informed advocate, she's thinking clearly on this issue, and that is probably like many British Columbians, that at a sort of gut level they are opposed to wolf control," he said.

Darimont said successive governments have permitted forest, oil and gas and other resource companies to destroy and encroach on caribou habitat, and now that some herds are on the brink of extinction, wolves are made the scapegoat.

However, the wolf cull is the best shot to protect threatened caribou from extinction, say caribou experts and government officials, who admit it will take years to determine if the science behind killing wolves works.

"It's like trying to dial a radio station in with boxing gloves on," said Tom Ethier, an assistant deputy minister at B.C.'s Ministry of Forests, Lands and Natural Resource Operations, which oversees the cull. "We're really trying to figure out: Does this work?"

The government planned to kill about 200 wolves last winter, but a low snowpack and bad weather made the hunt difficult, he said. Sharpshooters in helicopters killed 84 wolves in B.C.'s northeast and southeast regions, Ethier said.

Wolves are preying on the herds, reducing some caribou in those areas to the point of near extinction, he said.

"We did not meet our goal, so this year there could be more wolves removed," Ethier said.

The South Selkirk caribou herd had just 18 animals in March 2014, down from 46 in 2009, the government stated. There are about 950 caribou in seven herds in the northeast, with wolves responsible for 40 per cent of deaths in four of those herds.

"This is why we need to act," Ethier said. "In five years, we're hoping to turn it around and hoping it tells us this technique works. Obviously, we would prefer choices that are not as striking as this one, and not so loaded emotionally." METRO, WITH FILES FROM THE CANADIAN PRESS

IN BRIEF

Two stabbed in Surrey

Surrey RCMP say two people were stabbed, but are expected to recover, after a late Saturday night altercation at a local park.

Police were called to Robin Park, in the 11200 block of 150 Street, after receiving several 911 calls about a disturbance.

When they arrived, a number of people were seen fleeing the area and officers found an 18-year-old male suffering from stab wounds to his abdomen.

The teen was rushed to hospital. Police shortly after received another call of a man suffering from a stab wound in a house near the park. Investigators believe the 21-year-old, who was also taken to hospital with a stab wound to his lower back, was involved in the Robin Park altercation.

The investigation continues. METRO

Man charged with killing woman during fight

A 55-year-old woman has died and a man is in custody following a stabbing in Vancouver's Downtown Eastside on Friday, police say. The incident happened shortly after noon when two residents of a building at 215 Princess St. started fighting, according to Vancouver police. The woman was taken to hospital but died of her injuries, police said. A 42-year-old man, Troy Leard Alsager, was arrested and has been charged with second-degree murder. METRO

BUSINESS NORDSTROM OPENING DRAWS CROWDS More than 2,000 people lined up outside Nordstrom on Granville and Georgia streets Friday morning, hoping to be the first to shop at the U.S. retail giant's long awaited Vancouver location. At 230,000-square-feet, the store is among the company's largest in North America. THANDI FLETCHER/METRO

City wants best in tech startups

ENTREPRENEURSHIP

Economic agency hosting events to foster innovation

Emily Jackson
Metro | Vancouver

The City of Vancouver is stepping up its game as it vies to become one of the best cities in the world for tech startups, arguing the industry creates green jobs that pay enough for young people to afford living in Lotus Land.

The Vancouver Economic Commission, the agency that supports the city's business community, is hosting four days of events during the second annual Vancouver Startup Week.

The big increase in the agency's participation in the week comes from a "huge appetite" in the tech community for a single place to address challenges such as finding talent and accessing capital, VEC manager Sean Elbe said.

Called Startup City, VEC's programs range from a bootcamp helping low-tech companies use online tools to introducing promising entrepreneurs to investors.

It also has panel discussions featuring "unicorn" success stories from companies such as Hootsuite and Slack.

"This culture of entrepreneurship is something we want to foster," Elbe said.

Vancouver had the fastest growing economy of any Canadian city last year, Elbe said, and the VEC expects up to 15,000 more tech jobs will continue that momentum.

Despite the volume of startups and support from the local government, Vancouver dropped nine spots in Compass' global ranking of startup ecosystems, according to a ranking published last month.

The city is now in 18th place.

But that doesn't concern Mayor Gregor Robertson, as the change seems to be attributed to a change in the ranking system.

"What I'm seeing on the ground inspires me," he told reporters last week at the grand opening for Telus Garden, where Amazon will have office space.

"It's a global race for cities to compete in the tech world. Talent is mobile, and investment is not concentrated in Vancouver but far easier to access in Silicon Valley, and New York and London," he said. "Pound for pound we're punching way above our weight."

EVENTS

Vancouver Startup Week kicks off on Monday. Startup City events will be held at The Imperial on Main Street.

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Shirley Clements with Ellen DeGeneres and students from North Surrey Secondary School on Wednesday. CONTRIBUTED

Surrey teacher gets shakin' on Ellen

Thandi Fletcher
Metro | Vancouver

Surrey dance teacher Shirley Clements is retiring with a bang.

First, the 60-year-old became an online sensation when a video of her performing an epic hip-hop dance routine that included rapping, breakdancing and even spinning on her head to Bruno Mars' Uptown Funk was viewed by millions.

Now, Clements is a TV star after she was invited this week to be a guest on Ellen.

Clements, who is retiring this fall after 25 years of teaching, re-created the hip-hop routine that started it all, performing with 12 students from North Surrey Secondary School before a live studio audience.

She also received a $10,000 donation from Shutterfly for a new dance studio at her school.

Before the performance, Clements told Ellen DeGeneres she had a tough time picking only a handful of her 40 students to bring on the show.

"They are my love and they are part of my heart," she said. "They work their butts off and they show me love and respect, and they're the nicest kids on the planet. I couldn't ask for more wonderful students to be here."

In January, Clements decided to celebrate her last year as a dance teacher by performing a surprise routine with her students at Outbreak, an annual dance competition she launched at North Surrey Secondary School 19 years ago.

Clements said she wanted to show off her moves before she retires. "I thought to myself, this year I'm really going to show them what I've got," she told Metro in a previous interview.

Former Olympics boss wins defamation suit

MEDIA

Case involved reporting of eight abuse allegations

A journalist's articles about former Vancouver Olympics boss John Furlong were an attack on his reputation, a judge has ruled in a scathing decision tossing her defamation lawsuit.

Laura Robinson reported allegations by eight First Nations people that Furlong abused them more than 40 years ago without verifying their stories or ensuring they weren't contaminating each others' memories, the judge found.

"Ms. Robinson's publications concerning Mr. Furlong cannot be fairly characterized as the reporting of other persons' allegations against him," B.C. Supreme Court Justice Catherine Wedge wrote in a decision released Friday.

"Rather, the publications constitute an attack by Ms. Robinson on Mr. Furlong's character, conduct and credibility."

Robinson had accused Furlong of publicly portraying her as unethical, heartless and cruel in an attempt to discredit her 2012 article published in the Georgia Straight.

Former Vancouver Olympics CEO John Furlong and Renee Smith-Valade leave B.C. Supreme Court in Vancouver on June 15. JONATHAN HAYWARD/THE CANADIAN PRESS

She obtained sworn affidavits from eight people claiming to be former students of a northern B.C. school where Furlong was a gym teacher in 1969 and 1970. They alleged he beat them and taunted them with racial slurs.

But in a 97-page decision, the judge found numerous flaws in Robinson's reporting. She ruled Furlong wasn't motivated by malice and he was protected by qualified privilege, meaning he had a right to defend his reputation.

Furlong said the ruling meant he could finally look toward the future and rebuild his career in Canadian sports. He thanked his friends, family and supporters for standing by him.

"In my heart, from the day this nightmare started, I knew truth would prevail. Now it has," he said in a statement.

"What happened to me should not happen to anyone. I'm relieved this nightmare is over and that my family, friends — and others in difficulty — can see in a matter such as this it is possible to prevail and survive."

Robinson said in a statement that she will review the decision with her lawyer before she considers her options. "I fought this case through trial because I believe that freedom of speech and freedom of the press are vital to an open and democratic society."

THE CANADIAN PRESS

IN BRIEF

Terry Fox run features on the campaign trial

The 35th anniversary of the Marathon of Hope featured prominently in politicians' election sprint Sunday, as the Conservative Party promised to match up to $35 million in Terry Fox Run donations and establish a $12.5 million Cancer Prevention Centre in Vancouver, if elected.

Stephen Harper's wife, Laureen, outgoing MP James Moore and Port Moody-Coquitlam candidate Tim Laidler made the announcement in Port Moody as communities across Canada hosted runs in Fox's honour.

Meanwhile, Premier Christy Clark — praising "our Port Coquitlam boy & greatest Canadian" on Twitter — announced her participation in Hong Kong's Terry Fox Run on Nov. 7 when she visits Asia on an upcoming trade mission. MATT KIELTYKA/METRO

More than 12,000 cruise passengers flood downtown Vancouver

Downtown Vancouver was flooded with 12,800 tourists as three cruise ships docked at Canada Place on Sunday.

The atypically high volume of passengers embarking and disembarking prompted Port Metro Vancouver to warn local taxi drivers and transit users to prepare for higher demand for transportation services.

Vancouver Police were also called upon to help manage high pedestrian volumes.

Every cruise ship that docks at Canada Place results in about $2 million in economic activity, according to the port.

Approximately 800,000 passengers are expected to take a cruise from Vancouver this year.

EMILY JACKSON/METRO

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READY TO ENGAGE

Metro's coast to coast daily election series connects young, urban Canadians to the issues they care about

'I don't know what Canada stands for anymore'

ROSEMARY WESTWOOD
in Vancouver

Probably the only thing hotter than Vancouver's housing market is the ire of those it's burned.

They made headlines all summer long: the exodus of young professionals to other cities; the #donthave1million campaigners; the agitators of Generation Squeeze.

But Vancouverite Saeid Fard is "not super hopeful" that the four people campaigning to be the next prime minister care. As election issues go, housing affordability is hardly even on the periphery.

Fard, a 29-year-old president of a tech company, is an accidental activist. Just six months ago, he penned a blog post on the exorbitant cost of homes in Vancouver, the impact of foreign ownership, "the erosion of communities and the long-term viability of Vancouver's economy."

He'd just been to a few open houses, hoping to buy a detached home. He came back incredulous, and worried. "If I can't afford to enter this market reasonably, who can? I'm doing pretty well."

The post racked up 180,000 views in a few weeks. He wrote a follow-up column for the Globe and Mail. Fard "struck a nerve" with the young and middle class, but garnered little election traction.

Fard is unimpressed both by Stephen Harper's pledge to gather data on foreign ownership (why not just do it now?) and the NDP's housing strategy (it's focused on the lower income rental housing, not the buying power of the middle class).

The problem for politicians is that in order to bring house prices down, homeowners will need to lose equity. For all Fard's passionate call to action, he still calls that "political suicide."

Since no party is meeting his housing needs, Fard is falling back on secondary concerns to cast his vote: namely, climate change and taxation.

For someone who believes in traditional conservative principles, he's leaning towards an unlikely party.

He likes their carbon-tax proposal, and finds their economic policy similar to the Conservatives. He's not sure if that's a so-called wasted vote in his riding, but he might not care.

The current government's economic policy is short-sighted, he said — too focused on big business, rich people and resource industries, not focused enough on building a diversified economy and a strong tech sector.

The Conservatives rhetoric also misses the mark.

"All this ISIS and terrorism business. It just screams pandering and populism and preying on fear," Fard says.

Fard thinks Canada has fallen from a role as a global leader on human rights, the environment and peacekeeping. "I don't know what Canada stands for anymore," he says.

Rosemary Westwood is travelling across the country talking to young voters. Tomorrow: Jerilynn Webster in Vancouver.

VOTER PROFILE

Name: Saeid Fard **Age:** 29 **Riding:** Vancouver Quadra
His issues: Housing affordability, climate change, taxation

Young voters waiting to be found

STUDY

Millennials seeing limited exposure to ads, pollsters

Luke Simcoe
Metro | Toronto

Emily Jackson
Metro | Vancouver

Federal politicians are not good at making contact with young people. We know this.

A recent study by Samara Research found that while 75 per cent of Canadians over the age of 56 recalled being contacted by a federal leader, MP or candidate in the past year, only 55 per cent of those between 18 and 29 could say the same.

Vancouver-based nutritionist Mandy King is one millennial who hasn't heard from a politician this election period. Not a single candidate has come into her building to knock on her door or deliver flyers, so her exposure to political advertising has been limited to lawn signs.

"I don't feel like I'm their target market at all," she said. "I feel very confused about who I'm going to vote for."

Urban planner Mitchell Reardon, 30, shares her frustration. He too lives in an apartment without a landline or a TV. The only person who's knocked on his door so far was with advocacy group Leadnow to inform him he was in a swing riding.

"I haven't even heard from a pollster," Reardon said. "I get a sense that most of the parties haven't been particularly interested in trying to reach us."

The politicians themselves point out that there are practical challenges to keeping track of young would-be voters, many of whom live in downtown ridings: They often don't have landlines, and are therefore all but invisible to pollsters. They tend to move a lot. Some are students without permanent addresses who forward their mail to Mom and Dad's house.

Liberal candidate Adam Vaughan likes to refer to his Toronto riding of Spadina-Fort York, which is chock full of condo towers, as "the tallest riding in Canada." He says campaigning in such a dense, urban riding can be challenging.

As a result, Vaughan tries to "meet voters where they are." In a riding where fewer constituents own cars, that means canvassing in front of public transit stations or on street corners next to bicycle lanes.

Vaughan even knows the average condo in the riding has seven dogs per floor, so he spends a lot of time in dog parks.

Nearby, former MuchMusic VJ Jennifer Hollett is running for the NDP in University-Rosedale. As its name implies, the riding contains the University of Toronto, and much of Hollett's time has been spent signing up new voters who just arrived in the area.

Hollett is also one of the more active candidates on social media.

"It was my 40th birthday the other day, and in amongst all the birthday greetings on Facebook there was someone asking for a lawn sign," she said.

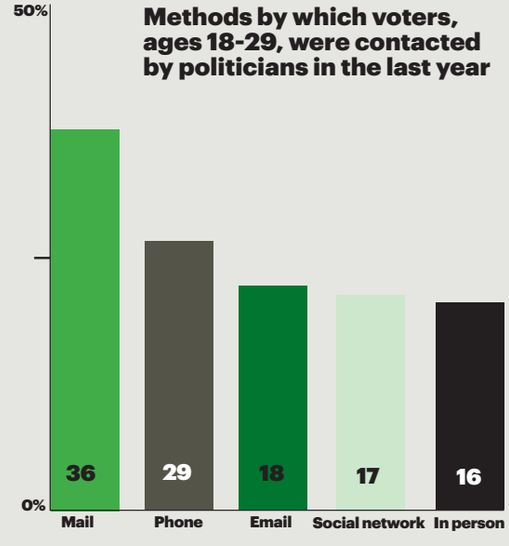
NDP candidate Olivia Chow talks to a woman outside a public transit station in Toronto on Sept. 18. STEVEN GOETZ/METRO

"I get a sense that most of the parties haven't been particularly interested in trying to reach us."
Mitchell Reardon, 30, downtown Vancouver resident

BY THE NUMBERS

Absent from the doorstep

According to a recent report by Samara Research, of the 55 per cent of Canadians between the ages of 18 and 29 who reported having been contacted by a federal politician in the last year, only 16 were contacted in person, which research has shown is the most effective method of increasing voter participation.



Greens play a legal game

ELECTION 2015

Party files CRA complaint in bid to get May at Munk table

The federal Greens have filed a complaint with the Canada Revenue Agency in a last-minute bid to use the law to get their leader into an election debate later this month.

The Munk debate takes place one week from Monday and yet again Elizabeth May won't be on the stage with Stephen Harper, Tom Mulcair and Justin Trudeau.

To get her on the panel with the other leaders, the party has filed a complaint with the CRA saying the debate format violates the agency's policies that put limits on the political activities of charities.

The Aurea Foundation, a registered charity with the CRA, is helping fund the Munk debate on foreign policy.

The Greens argue that excluding May from the debate has put the foundation in violation of the Income Tax Act.

The Green Party is trying to secure its leader, Elizabeth May, a seat at the Munk Debate. CHAD HIPOLITO/THE CANADIAN PRESS

The law says it's illegal for a charity to directly or indirectly support or oppose a political party and are calling on the CRA to conduct an immediate audit of the charity's activities.

The party says it will withdraw the complaint if May is invited to the debate.

Munk debate organizers, the Aurea Foundation and the CRA could not be reached for comment Sunday.

In the letter sent to the CRA, party executive Emily McMillan writes that May was excluded from the debate because organizers only wanted to have the leaders of parties recognized as such under the Parliament of Canada Act.

With only two seats in the Commons, the Greens don't have party status. But McMillan argues there is nothing in the Parliament of Canada Act to limit the meaning of "political party" that would "justify the exclusion of Ms. May from the debate."

"The effect of not including Ms. May is to diminish the standing of the Green Party of Canada in the mind of the electorate, which amounts to an indirect opposition to the Green party," she wrote.

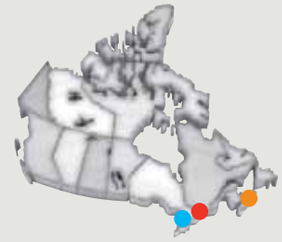
"The way that the Aurea Foundation is organizing the debate constitutes, we submit, support for the political parties whose leaders are being permitted to participate in the debate."

Similar letters signed by a party lawyer were delivered to the venue, Roy Thomson Hall in Toronto, the broadcaster, CPAC, and Munk debate organizers, the Greens said.

May was not invited to take part in a debate on the economy last Thursday organized by The Globe and Mail. Instead, she tweeted her responses and delivered her own zingers to an online audience via Twitter.

THE CANADIAN PRESS

WHERE THE LEADERS ARE MONDAY



- **Stephen Harper** will be in St. Jacobs, Ont.
- **Justin Trudeau** will be in Toronto and Ottawa.
- **Tom Mulcair** will be on the East Coast: in Charlottetown and Dartmouth, N.S.

Elizabeth May's itinerary was unavailable.

HALIFAX

End of watch for Erik

A retirement party like no other was held at the Maritime Museum of the Atlantic in Halifax on Sunday for one beloved, furry crew member, Erik the Red.

The little orange cat has been an RCO, or Rodent Control Officer, on the CSS Acadia at the museum since wandering onto the ship in 1999.

His job description is what you might expect: "dispatching of rodentia" below deck, according to Stephen Read, the Acadia's ship-keeper.

"Occasionally ... he would leave a little bit of the choice bits (of his kill) in the bottom of a shoe just to say 'thanks for looking out for me,'" said Read.

Read and Erik — who had cancer in his left eye and had to have it removed — have been shipmates since 1999. Erik will soon find new quarters with Read.

The harshness of spending winters aboard the ship, as well as Erik's age mean he must retire.

"Erik, like myself, was fine with it when he was a younger man," said Read.

HEIDE PEARSON/FOR METRO

IMMIGRATION

'No hope' for family reunion: Refugee

Majd Agha wasn't sure what he would say to a crowd of reporters gathered outside a newcomer centre under construction in Vancouver.

The 22-year-old Syrian refugee didn't prepare a speech. But still infuriated by news of a Hungarian camerawoman tripping and kicking migrants, he spoke eloquently and firmly about the need for Canada to do more.

"As long as you're Syrian, it's going to be extremely hard for you to come to Canada," he said.

Since civil war broke out in 2011, more than four million Syrians have fled the country.

Agha spoke at a construction site at the Immigrant Services Society of British Columbia's Welcome House, a $24.5-million refugee housing and support centre being built in Vancouver.

He arrived in Canada in June 2014 with the help of the United Nations Refugee Agency, after an arduous journey that led him to Russia, Lebanon, Turkey and Thailand, among a group of refugees who were stuck in a Thai airport while authorities refused to allow the UN access to interview them. Two months later, authorities relented and the UN moved Agha to the Philippines before bringing him to Canada.

Agha is now studying bioinformatics while working part-time at a Tommy Hilfiger. His parents and one of his sisters live in Damascus, while another sister lives in Saudi Arabia.

The last time he saw his family was in 2013. They talk occasionally, but the time difference makes it difficult and he fears constantly for their safety, he said.

"It's really hard, especially when you see on the news how dangerous the situation is," he said.

Ideally, Agha said, his family would try to immigrate to Canada. But they do not want to leave their homes permanently and even if they did, the application would be pointless, he said.

"There's no hope," he said. "The application costs a lot of money, and if you're just going to be denied, then no, it's not worth it."

THE CANADIAN PRESS

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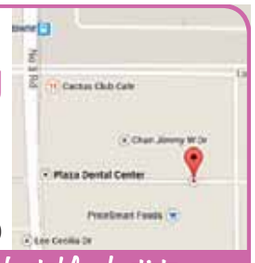

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Left-wing win in Greek vote

POLITICS

Alexis Tsipras' Syriza party expected to form coalition

Jubilant supporters of Alexis Tsipras' left-wing Syriza party cheered, waved party flags and danced Sunday after the party comfortably won Greece's third national vote this year despite a rebellion within his party over his acceptance of a painful third international bailout.

With 44 per cent of the vote counted, Syriza stood at 35.5 per cent, with the conservative New Democracy at 28 per cent while the Nazi-inspired Golden Dawn was coming in third with 7.1 per cent, followed closely by the once-mighty socialist PASOK party with 6.3 per cent. Abstention was high, at nearly 45 per cent in an election-weary country with a traditionally high voter turnout.

Alexis Tsipras
THE ASSOCIATED PRESS

Although Syriza was projected as falling short of an absolute majority in the 300-member parliament, Tsipras was expected to form a coalition government with relative ease. His former coalition partner, the small nationalist Independent Greeks, was set to win just above the 3 per cent threshold to enter parliament, while centrist parties have indicated they would agree to a coalition to ensure repeat elections aren't necessary.

New Democracy head Vangelis Meimarakis conceded defeat and called for a government to be formed quickly.

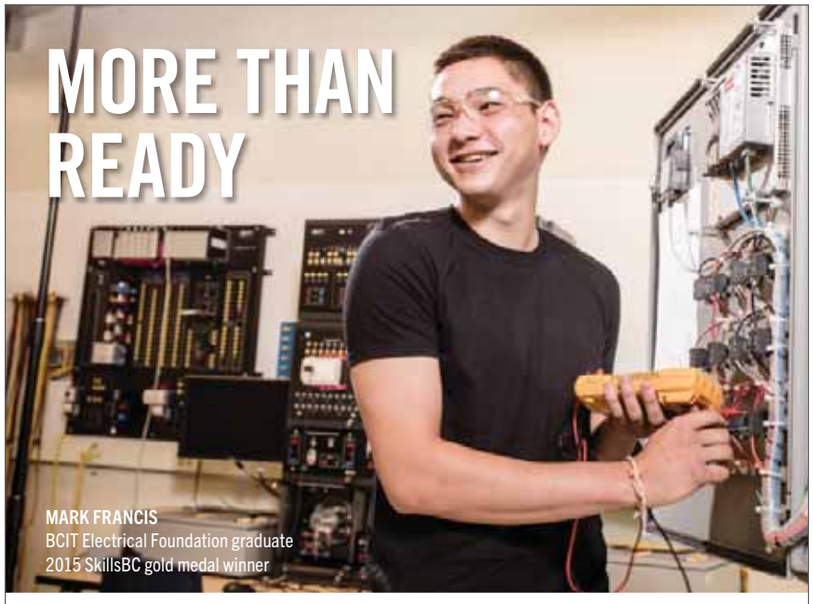
"The election result appears to be forming comprehensively with Syriza and Mr. Tsipras coming first," Meimarakis said. "I congratulate him and call on him to form the government that is necessary, and bring the (proposal) to parliament."

A total of eight parties appeared set to win parliamentary seats. The new anti-bailout Popular Unity party, formed by rebel Syriza members who objected to Tsipras' agreement to a third bailout for Greece, was projected to fall just shy of the 3 per cent parliamentary threshold.

A tired-looking Tsipras was hugged by party supporters as he arrived at Syriza headquarters, waving to the crowd gathered outside.

THE ASSOCIATED PRESS

Supporters of the left-wing Syriza watch the election results at the party's main electoral centre in Athens, Sunday. Early results showed Syriza taking 35.5 per cent, with the conservative New Democracy at 28 per cent and the Nazi-inspired Golden Dawn coming in third with 7.1 per cent
LEFTERIS PITARAKIS/THE ASSOCIATED PRESS



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MIGRANT CRISIS

Dozens feared dead as boat hits ferry and another sinks

Disasters at sea claimed the lives of dozens of migrants on Sunday, as desperate people fleeing war and poverty braved the risky journey to seek sanctuary in Europe.

Thirteen migrants died after their boat collided with a ferry off the Turkish coast, officials there said, while the Greek coast guard fanned out in the choppy waters of the Aegean Sea searching for another 24 people missing after their boat sank off the island of Lesbos.

Coast guard officials said nearly three dozen people were rescued in the two incidents, which followed another sinking near Lesbos Saturday, in which a 5-year-old girl drowned. Two bodies were found in Greek waters, but authorities aren't yet sure which shipwreck killed them.

The events highlight the risks that those fleeing the Middle East, Africa and Asia are willing to take in hopes of reaching sanctuary in Europe. Men, women and children continue to take the perilous sea journey despite the fact that thousands of earlier migrants find themselves blocked by closed border crossings in the Balkans.

Hungary's decision to shut its border with Serbia on Sept. 15 set off a chain reaction in Croatia and Slovenia that has forced people fleeing violence in their homelands to rush from one European border to the next as they desperately try to find their way north before the rules change again.

Thousands are on the move all over southeastern Europe as authorities struggle to respond. About 15,000 migrants crossed into Austria from Hungary and Croatia over the weekend.

Hungary erected yet another steel barrier, now at Beremend border post with Croatia, complete with a giant steel door to control the flow of migrants. The gate slowed the flow. But they just kept coming.

In the Austrian border village of Nickelsdorf, people arrived by foot after completing a half-an-hour walk from the Hungarian town of Hegyeshalom. From there, buses and trains take them to emergency shelters in Vienna and other parts of Austria.

The asylum seekers lined up, waiting for buses to relocate them across the country. Austrian soldiers stood alongside. Local officials struggled to find them places to stay, since many camps across Austria are already overcrowded.

Mahat, a lab technician from Damascus, was one of the thousands waiting to get onto the buses.

"We came here only to get a new life," said Mahat, who didn't want to give his last name fearing repercussions by the Syrian government.

The 47-year-old said he had been trekking through Croatia with another 5,000 people before he eventually made his way to Nickelsdorf. He said he didn't care where in Europe he would end up as long as he could live in peace and find a job.

THE ASSOCIATED PRESS

FENCE DIVIDE

Hungary's erection of razor-wire fences is deeply straining its ties with neighbouring countries, who feel the problem of the huge flow of migrants is being unfairly pushed onto them. After completing a fence along the border with Serbia, Hungary is now building fences along its borders with Croatia and Romania.

Ad blockers hit money model

INTERNET

Chart-topping iPhone app pulled after just over a day

A top iPhone ad-blocking application was pulled from the App Store on Friday by its creator, amid a surge in interest in new programs to thwart marketing messages.

Programmer Marco Arment removed the Peace app after it spent more than a day as the most downloaded paid application at Apple's online shop.

"Achieving this much success with Peace just doesn't feel good, which I didn't anticipate," Arment said in a post at Marco.org.

The $2.99 app jumped to the top of the charts after the Wednesday release of updated iOS 9 Apple mobile operating software that allows the use of programs blocking ads from popping up while visiting websites using Safari web browser.

While blocking ads promised to make surfing the Internet from iPhones or iPads faster and rein in telecom data use, it also sabotages what has long been the main way websites make money while providing free content or services.

Apps populate an Apple smartphone. THE ASSOCIATED PRESS FILE

"Of course, ads pay for properties on the Web," said independent analyst Rob Enderle, of Enderle Group. "You are essentially fast-forwarding through the commercials the way people do with TV."

> **"You are essentially fast-forwarding through the commercials ..."**
> Rob Enderle

Skipping ads is not new, according to the analyst. Ad blockers have been options on desktop computers for some time, but the numbers of people who opt to turn them on have been low.

Meanwhile, mobile lifestyles involving smartphones or tablets have increasingly centred on using apps that sidestep web browsers all together.

Ad-blocking does not apply to apps, which are vetted by Apple before being allowed in the App Store and which come with the ability of Apple to share in revenue generated.

A study last month found that software that blocks online ads is expected to cost websites some $21.8 billion globally in 2015, and could rise further with the new iOS system, but some analysts questioned the methodology of the report.

A shift to blocking ads could have a silver lining, according to Enderle. Publishers who have been forced to put their content online for free while search engines make money off ads could see the rebirth of subscription models through paid apps.

AFP

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Tests showing popular flushable wipes don't disintegrate have researchers wondering if they're to blame for clogged sewer incidents, or if it's something else (like cooking grease).

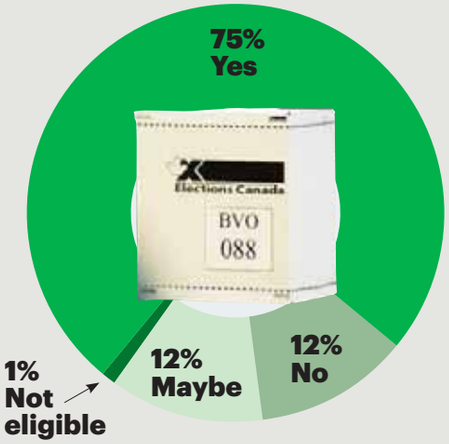
Metro MONDAY POLL

Not voting? Excuses, excuses

Visit metronews.ca every Friday to have your say.

In the 2011 federal election, 39 per cent of eligible Canadians did not cast a vote. According to Statistics Canada, the most common reasons given were "too busy" and "not interested." We asked our readers why they've neglected their civic duty (and if they might do it again this time around), and what issue is most likely to get them motivated to make it to the polls.

1 Will you cast a vote in the Oct. 19 federal election?



2 Please rank the issues most important to you in this federal election (this is the average rank).

1. Economy/jobs/taxes
2. Environment
3. Poverty and inequality
4. Health care
5. Infrastructure/transit
6. Seniors
7. Law and order
8. Education
9. Democratic reform
10. Global refugee crisis

3 If you're not voting (or you've failed to vote in the past), why?

31% I don't like any candidates or parties
8% I won't remember
8% I don't care
8% I will be out of town
8% I don't have the right ID
4% My vote won't count for anything
35% Other reason

"I'd like to be able to vote online."

"I like multiple candidates. I wish I could indicate who I do not want."

"Like most people, I don't really know anything about politics."

METRO READERS

Want to own a home? Why not a unicorn?

CITY HOLLER
Trish Kelly

Last week, Vancity released another report in their affordable housing series, this one about young families and their slim chances of home ownership.

Vancity reports there aren't many homes in Metro Vancouver with 3 or more bedrooms, the appropriate size for a young family planning for at least a couple of kids.

When will reality smack millennials in the face? Hopefully before they find themselves under-housed and under-resourced.

And not many new units are being built either. Less than 10 per cent of new housing starts are townhomes or rowhouses, the kind of places a family might be able to afford, if they already have a toe in the market.

Most of the research gathered is not a surprise, and the recommendations feel unlikely to go anywhere without a significant shakeup in next month's federal election. What I found revealing was the research gathered about millennials and the chasm between their aspirations and the realities of our housing market.

In 2014, 77% of the babies born in Canada were born to millennials. When polled, 45% of millennial moms said they plan to have two children and 33% are planning for three or more children.

Compared to my generation, millennials say their parents were more forgiving, involved and enabling. Their parents were less strict, less conservative and, like scifi writers, created strange new worlds of participation ribbons and disappointment-free zones. Not really a surprise that millennials are dreaming big about detached homes, big families and a two-door garage for the unicorn.

A story for comparison: when I was almost five, my deadbeat dad blew into town for a visit. He asked me what I wanted for my birthday and I said a horsey. Days later, he jettisoned me in a borrowed car to a stable outside town and introduced me to JJ, my new retired racehorse. I was delighted, but also pretty sure we were going to be in trouble when my mom found out.

I saw JJ a few times before Dad sold the horse to cover the stable fees. I was okay with it. It was pretty awkward being the only kid in our social housing complex with a racehorse. The crash course in the consequences of living outside one's means sticks with me to this day.

When will reality smack millennials in the face? Hopefully before their second and third child is born and they find themselves under-housed, under-resourced, and depressed about the scarcity of unicorns.

I hope millennials read this Vancity report and learn to dream a little closer to their means, and the means of our planet. How about one Mini-You for posterity? Maybe plan for the worst-case but likely scenario that government and developers won't have a change of heart and prioritize reasonably priced three bedroom homes. Sorry to be such a buzzkill.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

metroview

Hate your opposing team, but not their fans. Be nice to them.

Jessica Smith Cross
Metro | Toronto

It's easy to hate the Yankees.

I hate them for breaking my heart at the Rogers Centre more times than I can count. And for the outrageous salaries the team can afford to pay. And for A-Rod. And those pinstripes. And A-Rod. I hate Yankees exceptionalism and how the team dominates baseball lore and the Baseball Hall of Fame. I hate how cool a Yankees cap looks on Beyoncé because, as a Jays fan, I can never wear one. They've been the archetypical enemy, the black (well, navy blue) hats, the bad guys of the baseball movie playing out in my brain since I was a child.

I went to New York for the last Jays series in the Bronx. It was my first time and I was nervous at the thought of sitting in the middle of the enemy bleachers.

On my way to the subway, wearing my hat and Bautista jersey, I heard a security guard, with a big voice and one of those fantastic New York accents, yell at me, "Let's go, Yankees!"— and break into a huge smile, and wave.

On the subway, an excited teenager in a Yankees' hat exclaimed in appreciation, "Girl's got her gear on! Got her gear on!"

The Yankees' kindness started with customs officers at Newark who, instead of asking for the details of my trip or anything relevant to national security, noted my cap and engaged me in a friendly Jays trivia quiz: How many games ahead are they now?

Well, I said, when I got on the plane it was 2.5, but I don't know if the game's over yet because I haven't been able to check the score. But when I last saw, we'd scored five runs in the first inning and were up five-nothing, sir.

That's right, we haven't been in the playoffs since I was nine and, yes sir, I'm very excited.

I was far from the only Jays fan in New York. The stadium was so full of us when we launched into cheers of "Let's Go Blue Jays," the Yankees fans had to work really hard shouting "Let's Go Yankees!" or "U-S-A!" loud enough to drown us out — then turn around, smile, and chat with us about the game we love again.

So hate the Yankees, not their fans. If you're in Toronto this week, please, be nice to them. They were really nice to me.

On the (New York) subway, wearing my Bautista jersey, an excited teenager in a Yankees' cap exclaimed in appreciation, "Girl's got her gear on! Got her gear on!"

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Your essential daily news

Girls actress Allison Williams weds CollegeHumor co-founder Ricky Van Veen

Davis makes history with win

EMMY AWARDS

Becomes first black actress to win for lead in a drama

Lisa Weidenfeld
Metro | New York

Viola Davis became the first black actress to win for outstanding lead in a drama for How to Get Away With Murder at the Emmy Awards on Sunday. THE ASSOCIATED PRESS

"The only thing that separates women of colour from anyone else is opportunity," said Viola Davis in her Emmy acceptance speech for oustanding lead in a drama series. "You cannot win an Emmy for roles that are simply not there."

She also quoted Harriet Tubman: "In my mind, I see a line. And over that line, I see green fields and lovely flowers and beautiful white women with their arms stretched out to me over that line, but I can't seem to get there no how."

Awarded for her role in How to Get Away With Murder, Davis became the first black actress to win in this categroy.

The other big winner of the night was Mad Men actor John Hamm, who won the Emmy for lead actor in a drama. He thanked his ex and their dog in his acceptance speech.

Game of Thrones continued its reign, winning for best drama series, writing and directing, as well as a nod for Peter Dinklage's acting on the show. He credited the show's writers and George R.R. Martin for giving him good material, as well as co-star Lena Headey for providing inspiration as a scene partner.

The night also featured some big winners for the Amazon show Transparent, which took home both a directing award for creator Jill Soloway and a best actor award for Jeffrey Tambor. Both of them used the opportunity to speak up for the trans community, with Soloway pointing out that her parent could legally be turned down for renting an apartment in 32 states just for being trans. Tambor, when his moment came up, dedicated the award to the transgender community and thanked them for their patience, courage and stories.

One person who sadly went home empty-handed was Amy Poehler, who didn't end up winning in her final year for Parks and Recreation. Instead the award went to Julia Louis-Dreyfus for the fourth year in a row for Veep. Louis-Dreyfus looked flustered, and jokingly pretended to quote her own show, only to reveal the line "What a great honour it must be for you to honour me tonight" was actually a Donald Trump quote. Veep also earned awards for outstanding comedy series, writing, and Tony Hale took a statue for best supporting actor in a comedy series.

Both Amy Schumer (best sketch series) and Uzo Aduba (best supporting actress) used their speeches to thank a whole list of people, and then finally their sisters.

An early contender for quickest speech went to Frances McDormand, who, after winning for Olive Kitteridge, said only, "We're all here for the power of a story well told. Sometimes that's enough. Thank you." Kitteridge also took home honours for outstanding limited series, writing and directing, as well as Richard Jenkins for acting and Bill Murray for supporting.

Jon Stewart earned more trips up onto the stage, as The Daily Show picked up trophies for writing and directing.

The first award of the night went to Allison Janney, for best supporting actress in a comedy, who immediately tied a record with her win, as she's now the second most honoured actor at the Emmys, alongside Ed Asner.

Laura Prepon in Christian Siriano and Taraji P. Henson wearing Alexander Wang. GETTY IMAGES/THE ASSOCIATED PRESS

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2013	Hyundai Sonata	$13,777	#5758
2012	Mitsubishi Spyder Convertible	$14,995	#0655
2015	Kia Sorento AWD	$22,888	#6564
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Viet Cong vow to change name

INDIE ROCK

Musician Owen Pallett offers his take on the controversy

Nichole Jankowski
Metro | Canada

Viet Cong say they will be changing their name, but don't know when this will happen. "The plan had been to wait until next year, but frankly this was starting to weigh very heavily on the members and the decision was made without all the moving parts in place," said their manager Ian Russell over email. DAVID WALDMA/HANDOUT

On Saturday, Polaris Prize shortlisted band Viet Cong issued a statement on Facebook announcing — belatedly, for many following the controversy — that they would be changing their name.

"Over this time we've been listening, talking and having lots of valuable conversations with the members of the Vietnamese community about the name," it reads. "Through this dialogue and hearing about what the name means to so many people, we have decided we will be changing the name of our band.

"We don't know what the new name of our band will be," they continue, while noting that they "owe it to our fans to honour the concerts we have booked." They will continue to play and promote their music under the same name for the time being. Four members, four voices — it was not an easy decision, they say.

The post, signed "Matt, Mike, Monty and Danny" acknowledges the hurt and painful reminders their name has caused members of the Vietnamese community, but offers no apology.

The statement comes after weeks of maelstrom: Toronto art space Double Double Land's refusal to allow the band to perform in their venue and the false alarm sounded on founder Jon McCurley's wall that the band was going to issue a name change; an article by Hooded Fang's April Aliermo published in Exclaim, which examines racism appropriation in her own community (the Canadian indie music scene), and our willingness to turn a blind eye; a further investigation of the debate in Chart Attack and a rumour that the band might make an announcement at Monday's Polaris Prize gala; and the knowledge that musician Owen Pallett and others may speak up at the ceremony.

Pallett, for his part, became involved only because he couldn't ignore the issue any longer. He sent an email to the band to let them know his take and what was at stake: "I'm going to be on mic at Polaris, there's a lot of other people going to be on mic at Polaris and I can't say nothing about this." He has since decided not to speak up about the issue at tonight's gala. But he's not afraid to make his opinion heard.

"What frustrates me is the apoliticality of the current music scene," Pallett says. "It makes me feel like I am part of a scene that is behind the curve; that is especially insensitive."

This much the band cops to, in a roundabout way, when explaining how they settled on the name in the first place. Last year, in an interview with Impose Magazine, bassist and vocalist Matthew Flegel, 33, explains the name came from Hollywood films depicting Viet Cong as "badasses."

The members, including guitarists Scott Munro, 32, and Daniel Christiansen, 29, said they were ignorant to the history and have since become aware. They have said they get hate mail with every show.

What their critics have found so frustrating is that in light of this new understanding, the band had until now refused to act.

"If they know they're hurting somebody and then they continue to do it, then they're intending to," says McCurley who feels like his voice, along with others in the Vietnamese community, has been marginalized throughout the controversy.

When asked whether he was pleased about the band's announcement, McCurley replied: "I don't mean to say they haven't done anything yet — they have done something. They wrote a nice letter about how they're keeping it for now."

In a statement to Metro, Ian Russell the band's manager, said that the band will not be releasing another album as Viet Cong. But could offer no timeline for the name change.

"The statement issued yesterday contains pretty much everything that the band can say on the topic," he said via email. "They are in pretty uncharted territory and we'll have to figure it out as they go."

No purchase necessary. One entry per person, per day. Contest open to residents of the cities of Vancouver, BC, Calgary and Edmonton, AB, Winnipeg, MB, Toronto and Ottawa, ON, and Halifax, NS, who have attained the age of majority in their province of residence as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. One (1) prize is available to be won, consisting of an organic prize basket. Approximate retail value of each prize is $350 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on Sept 19, 2015 and closes at 11:59 pm ET on September 27, 2015. To enter and for complete contest rules visit www.clubmetro.com

YOUTUBE

Oakley opens up about eating disorder

Emily Laurence
Metro | New York

Tyler Oakley. GETTY IMAGES

Tyler Oakley is one of the funniest guys on YouTube.

Whether he's joking about how to stalk One Direction or throwing the slumber party of your dreams, his humour is a big part of why he racks up millions of views. But now, he's opening up for the first time about something serious: his struggles with an eating disorder.

"Talking about it is really hard because it's something I suppress and work through every day," he tells Seventeen magazine. "And I haven't really talked about body image in videos. I assume when people read this, they'll be like, 'Oh, you're not fat.' That's not what it's about at all. Even when I was the skinniest I'd ever been, I was still not happy."

Oakley is the cover star of the teen magazine's October issue. "With videos, meet and greets, and a million pictures a day, it's definitely a thing that I think about," he says in the cover story. "It's not about clothes fitting. It's not about feeling chubbier than normal. I'd beat myself up over a day that I'm not active. If I'm lazy, then I feel grody."

Oakley has a book coming out next month called Binge, and in it, he makes another startling confession: He was the victim of physical abuse at the hand of an ex-boyfriend, something he says even his mom didn't know about. Now, he admits to being in a much healthier relationship with someone else and is overall doing better physically and mentally. He hopes sharing his story will encourage others to get the help they need, too, he says.

DISCRIMINATION

Evan Rachel Wood speaks up about being bisexual

Hey, happy Bisexual Awareness Week, which is now! And just in case you weren't aware, Evan Rachel Wood is doing what she can to increase visibility, including a lengthy series of tweets about her own experiences being bisexual.

"The reality is that bisexual people face discrimination not only outside of our community, but also from within."

She was even more direct in discussing her own experiences: "I can assure you that whatever 'straight privilege' I sometimes get accused of having gets erased by biphobia," she tweeted. "I still feel like we have to constantly prove ourselves and our worthiness within the community. Point being, it's OK. We do exist. Don't let anyone make you feel unworthy." NED EHRBAR/FOR METRO

Scrubbing your social media

THE INTERNET

Should you care if certain info about you gets out?

Jessica Smith Cross
Metro | Toronto

Robin Buxton-Potts, who has worked on campaigns at all three levels of government and has political ambitions of her own, says she believes that in the future, people will be more forgiving of politicians saying something in a moment of passion. CONTRIBUTED

Photos and video of me in a penis costume dancing down the streets of Niagara Falls were briefly posted to Facebook a few years ago.

Recently, watching candidate after candidate in the federal election apologize and resign over their Internet posts of the past, I've wondered, could my pics surface again? Should I care if they do?

I'd donned the costume to amuse a good friend on her bachelorette party, but I didn't want the colleagues and bosses I'd friended to ever see that side of me. Even though those photos were taken down quickly after they were posted, if any of my friends — or anyone else who snapped many photos that night posted them again — they'd be out, and if I ran for office they'd be one effective attack ad.

Fortunately, I don't have any political ambitions. I decided to talk to a friend who does — and who wasn't at that bachelorette party — about how she's planning to deal with her Internet life if she decides to take the plunge into politics.

Robin Buxton-Potts has worked on campaigns at all three levels of government and is currently working on a Liberal campaign — so she's thought a lot about this issue.

She's scrubbed her social media accounts for photos she wouldn't want to get out, but knows that when she was younger she made some comments online that, if found and lifted out of context, could get her into trouble in the political world. Like most young people, it's too late for her to have never said or been photographed doing anything impolitic in the first place.

But she'll stand by her Internet past if it hits the media one day.

"I don't think that I would want to be in a political system that didn't understand I'm a whole person. I'd like to think I'd stand behind my comments," she said.

"That's probably a little optimistic and naive of me. But that is the way I'd want to do politics."

With younger people entering politics and running campaigns, she believes we'll all soon have a higher tolerance for people who are changing their minds, and those who say radical things out of passion.

Forgiveness should even extend to those who made racist or homophobic comments in their youth, she said, provided the candidate can really demonstrate that they and their views have changed.

"What's more upsetting to me is when people have made a comment and whether it was taken out of context or not, they apologize for it, rather than try to explain it," she said. "I'd like to think I'd try to contextualize what I was saying and be a little more honestly held to account for it."

Maybe I should apply that philosophy to my penis-costume pics, too.

"I saw those," Buxton-Potts said, laughing. "And it didn't change my opinion of you one little bit."

TIPS

What you can learn from this election's turfed candidates on cleansing your Internet presence

1. Both Twitter and Facebook allow you to download your complete profiles. You can sift through your photos, and search for any controversial posts, and then delete them.

2. Do a Google search for your name, nicknames and any aliases you tend to use online, and deal with any comments and posts you've made — and may have forgotten — as you find them. Don't think they won't be found.

3. Look for anger. Anything you said in the heat of the moment — even if it seemed justified at the time — won't look as good out of context in the light of day.

4. Look for humour. Just because you were joking, or being ironic, or thought you were being subtle in some way, doesn't mean you won't get in trouble.

ONLINE BEHAVIOUR

If you wouldn't say it or tweet it, don't write it on LinkedIn

Eleni Deacon
For Metro Canada

Why most professionals join LinkedIn: to cultivate contacts.

How many LinkedIn members seem to actually use the site: endorsing acquaintances for skills they may or may not possess, posting (but rarely updating) their resumés, forgetting to accept invitations to connect.

And then there are those who hijack the site for a less-profesh purpose: creeping.

Earlier this month, 27-year-old British lawyer Charlotte Proudman found herself at the centre of an Internet uproar when she told off an older colleague for a sexist message he sent via LinkedIn. "This is probably horrendously politically incorrect but that is a stunning picture!!!," wrote 57-year-old Alexander Carter-Silk, a senior barrister at a top London firm. As if three exclamation points weren't enough to prove his admiration, Carter-Silk went on to tell Proudman that she had the best LinkedIn picture he had ever seen.

She told Carter-Silk that his note constituted "unacceptable and misogynistic behaviour," and explained that this type of unsolicited flirtation sidelines women's professional merits — then screen-grabbed their exchange and posted it to Twitter. In the ensuing viral fallout — as so often happens when a woman publicly confronts sexism — Proudman was labelled a "feminazi" and received multiple death threats. The incident prompted an important discussion about how women are perceived and addressed in professional contexts. Proudman's less virulent critics have accused her of striking back too hard: Carter-Silk's message was demeaning, they agree, but his very public shaming was too harsh a punishment for the crime.

Carter-Silk probably felt comfortable making his comments because of the medium on which they were sent. He would presumably not have cornered Proudman, a stranger whom he had never met, in the halls of a courthouse to shower her with three-exclamation-point compliments. As such, he failed a basic LinkedIn litmus test: if your actions would be weird IRL, they're not right for LinkedIn. This story, however, is not just one of LinkedIn line-crossing. Their conversation would never have made headlines if Proudman hadn't posted it. But as Carter-Silk learned, problematic behaviour easily jumps platforms. Not only is it inadvisable to say anything on LinkedIn that you wouldn't say in person — it's inadvisable to say anything you wouldn't want posted on Twitter.

Charlotte Proudman. CHARLOTTE PROUDMAN/LINKEDIN

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It's time to face up to your debt: Pt. 2

MONEY MANAGEMENT

Get real about interest and pay more than the minimum

Gail Vaz-Oxlade
For Metro Canada

Last week I asked you to make a list of your debts and add up what you owe (excluding your mortgage). Remember, this is *all* your debt because you need to get real about what you owe and what it's costing you.

Did you leave anything off your list (other than your mortgage, which is OK)? Did you use your RRSP to make a down payment? On the list! Have you taken home furniture or electronics that you're hoping you'll have the money to pay for with the buy-now-pay-later comes due? On the list! Have you borrowed money from family or friends? On the list!

Every month you make your minimum payments like a good little borrower, and then you pat yourself on the back for making your minimums on time so you have a great credit score. Now it's time to figure out what that debt has been costing you. Why? Because if you don't know, that's why you think it's OK to walk around with all that debt. Seeing what you're spending in interest should be enough to scare you into debt-repayment action.

Back to your debt list. Take the first amount you owe and multiply it by the interest rate and then divide by 100. That gives you how much interest you're paying on that debt in a year. But we want monthly amounts, so you'll have to take that number and divide it by 12.

Here's an example. On a credit card with a $3,000 balance at 18.9 per cent, it's costing 3,000 x 18.9 ÷ 100 ÷ 12 = $47.25 a month in interest. Hey, that's not so bad.

Go back to your list of debts and do the interest calculation for everything on your list. Then add up the total amount of interest you're paying every month.

Remember, whatever that amount ends up being, it's not doing a thing to get you out of debt. That's just the interest — the rent you pay on the money you've borrowed.

Making only the minimum payments on debt is a really bad idea. It's like being caught in a hamster wheel: You're constantly running, but you never get anywhere.

If the minimum payment on that credit card with the $3,000 balance was $65 a month, and of that $47.25 was going to interest, that means you're only paying $17.75 a month off the balance. Want to know how long you're going to be paying off that card? Divide the balance you owe by the amount you're actually paying off: 3,000 ÷ 17.75 = 169. Yup, 169 months or 14 years! Lord love a duck!

All that time you'd be paying interest, right? Yes, it would be on a declining balance, but still, that's a lot of interest, more than double the amount you originally charged to the card. Sticking with the minimum means those $160 shoes you bought on your credit card would cost you closer to $480.

Only you can decide how long you're prepared to take to get out of debt. My rule of thumb is to aim to have your consumer debt paid off in 36 months or less to avoid debt fatigue.

Debt fatigue is what happens to you when you've been in a debt hole for so long you can't even imagine not being in debt. You throw your arms up and happily charge your next vacation because, hey, debt is always there.

You've already figured out what the monthly interest cost is on each of your consumer debts. Once you've decided on your debt-free date, you simply divide what you owe by the number of months until that date. So if you want to be debt free in 18 months, you would divide each balance you owe by 18 to see how much you have to pay off the principal to get there. Add your interest cost and you've got your debt repayment amount.

Once you add up all the monthly repayment amounts, if that amount seems overwhelming, don't freeze. Don't throw your arms up and say, "It's impossible." Nothing is impossible if you are determined. How long you're prepared to live in misery is up to you. You can keep mewling about how hard it is to get to even. But while you're whimpering, you're paying a ton of interest, too, money that could be better used doing something nice for someone you love: you.

For more money advice, visit Gail's website at gailvazoxlade.com

$ YOUR LIST MIGHT LOOK LIKE THIS

List item	Interest rate	Amount owed	Min. payment
Credit Card	18.9%	$3,000	$120
Department CC	28.8%	$700	$28
Consolidation	12%	$21,000	$650
Line of Credit	8.5%	$15,750	$120
Student Loan	6.5%	$13,400	$110
Overdraft	9.75%	$1,300	$0

Total Owed: $55,150

> **How long you're prepared to live in misery is up to you.**
> Gail Vaz-Oxlade

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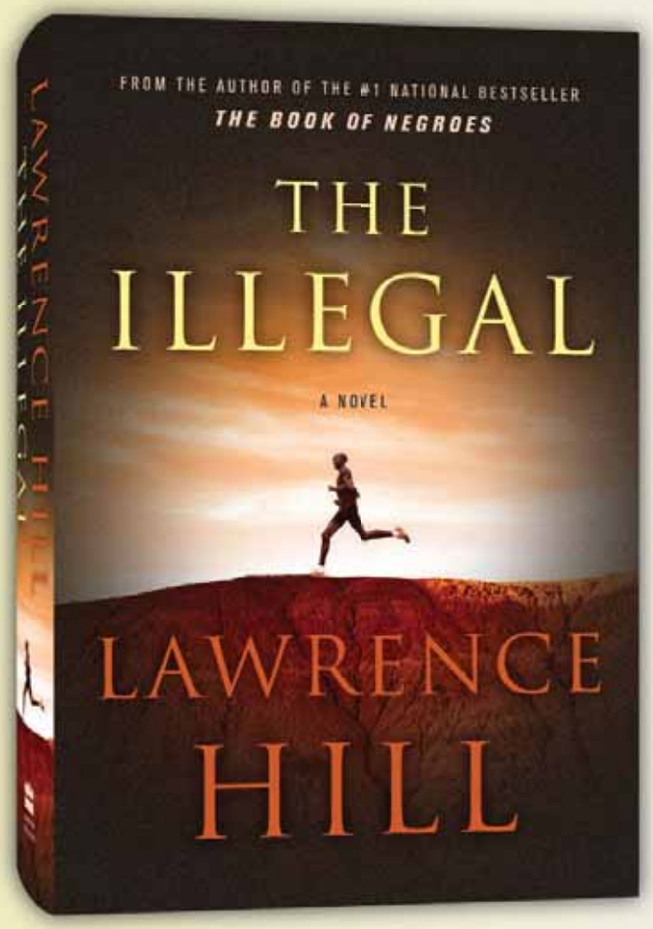

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Bracing for cold and flu season

PUBLIC HEALTH

How bad could this year's flu season be? Here's the intel

Jacqueline Kovacs
For Metro

Sometime after the back-to-school rush has ended and the holiday music starts, it hits: Cold and flu season. Since each year is a little better or worse than the last, you may be wondering what's in store this time around. Turns out, the pros are wondering, too. Kind of.

"It's difficult to predict how much influenza activity there will be," said Dr. Allison McGeer, director of infection control at Toronto's Mount Sinai Hospital.

Influenza accounts for about one-third of influenza-like respiratory infections.

"Last year, we had a really bad season and, on balance, things tend to average out, so you'd expect something milder this year," McGeer said. "But we really don't know."

Over at St. Michael's Hospital, Dr. Matthew P. Muller, medical director of infection prevention and control, agreed. "In terms of the big picture, we know what will happen every year. In late fall to early winter, the rate of becoming ill with influenza rises rapidly. Then it peaks and tapers off."

But how widespread or severe this year's flu will be remains a nasty unknown.

What both experts do know is that getting the flu vaccine remains one of the best ways to protect yourself — no matter how mild or severe this year's bug will be.

"You're always better off with it than without it," McGeer said. "You'll either avoid the flu altogether, or if you get it, you'll be much less ill."

You will also help keep those who are more vulnerable safe from the illness. Most at risk are the elderly, young children and those whose immune systems are compromised due to such things as HIV/AIDS or chemotherapy.

McGeer said that not everyone gets hit with the flu the same way. While some may be achy and feverish, others may get mild symptoms they could dismiss as a cold. In both cases, you can still spread the virus to family, friends and co-workers.

The bottom line, Muller said, is to be altruistic to those around you and get your flu shot.

It's difficult to predict how severe the flu season will be. So protect yourself. SHUTTERSTOCK

Getting the flu vaccine remains one of the best ways to protect yourself. SHUTTERSTOCK

Protect yourself and others around you

If you take public transit, work with others, shop in busy malls, have kids, go to movie theatres ... in short, if you have any close contact with people, you will be exposed to one of a couple hundred common cold viruses, as well as several main strains of influenza viruses in the coming weeks.

But short of travelling in a sterile bubble, how can you protect yourself? Here's what top infection control experts recommend.

GET THE FLU SHOT

You hear this every year. And in the next breath, someone tells you they got the flu from the shot or got it weeks later, so why bother?

For one, said Dr. Matthew P. Muller, medical director of infection prevention and control at Toronto's St. Michael's Hospital, the influenza viruses in the flu shot are dead and cannot give you the flu. People who get sick afterward were likely incubating the virus already. Those who get sick weeks later generally have a milder case of the flu than they would have had without the shot.

Use hand sanitizer that is at least 60 per cent alcohol. A recent study found a 14 per cent reduction in flu and respiratory illnesses associated with frequent handwashing. SHUTTERSTOCK

KEEP YOUR HANDS CLEAN

Using either soap and water, or a hand sanitizer that is at least 60 per cent alcohol, aim to wash your hands at least five times a day.

"You want to actually be able to remember those five times," said Dr. Allison McGeer, director of infection control at Toronto's Mount Sinai Hospital, adding that a recent study found a 14 per cent reduction in flu and respiratory illnesses associated with frequent hand washing.

DON'T TOUCH YOUR FACE

You probably don't even realize how often you rub your eyes, scratch your nose, touch your forehead or cheeks.

But, McGeer said, "without thinking, most of us touch our faces about eight times an hour."

And eyes and noses are prime entry points for viruses to leap from our hands and enter our bodies.

WASH THAT WATER BOTTLE

How many times do you reuse a refillable water bottle without washing it?

"Throw it in the dishwasher at the end of the day," McGeer said. "All of these unsanitary habits are associated with increased risk of influenza."

JACQUELINE KOVACS/FOR METRO

GERMS

Avoid the post-party blues

Are you feeling wrecked after that office holiday party? While the glass (or glasses) of cheer may be partly to blame, so might that shared bowl of sweet or savoury treats.

"We see it often enough," said Dr. Matthew P. Muller. "It's a big winter party, there's a bowl of food and everyone is sticking their hands in there."

All it takes is one infected person to get saliva or other droplets onto that shared food and, before you know it, more people are sick, too. What to do?

"Stick to wrapped or packaged foods if you can," he said. "Or put a scoop in the bowl and have paper plates available."

JACQUELINE KOVACS/FOR METRO

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metro SPORTS
Your essential daily news

Pau Gasol scored 25 points as Spain beat Lithuania 80-63 to regain the Eurobasket title

Markstrom wants to prove Canucks right

NHL PRE-SEASON

Swede up to challenge of playing backup after Lack let go

Jacob Markstrom wants to show the Vancouver Canucks they chose wisely.

In a market where goaltending is almost always a hot topic, the club traded fan favourite Eddie Lack to the Carolina Hurricanes at the NHL draft, putting its faith in Markstrom to carry the load behind veteran netminder Ryan Miller this season and beyond.

"It obviously feels great that they believe in me," the 25-year-old Swede said recently. "I definitely want to prove that they (made) the right decision. I want to prove to myself and everyone that I can be a good goalie at this level."

The only piece remaining from the trade that sent Roberto Luongo to the Florida Panthers in March 2014, Markstrom has an underwhelming 13-28-5 record with a 3.19 goals-against average and an .896 save percentage in 50 career NHL games.

But it was his performance leading the Utica Comets all the way to the AHL's Calder Cup final last season that convinced Vancouver it was the right time to send Lack on his way.

Jacob Markstrom has a 3.19 goals-against average in 50 NHL games-played. RICH LAM/GETTY IMAGES

"He's tightened up," Canucks general manager Jim Benning said of Markstrom. "He's ready to play in the NHL and we're hoping we can develop him into a No. 1 goalie at some point."

> **I think he might surprise a lot of people.**
> Daniel Sedin

Lack shouldered much of the load in the second half of last season and led Vancouver to the playoffs after Miller went down with a knee injury. With the Canucks trailing their first-round series 3-1 to the Calgary Flames, Miller replaced Lack in the crease and won Game 5 before Vancouver bowed out in Game 6.

"In a perfect world we would like to see Ryan play 55 to 60 games and Jacob the other 22 to 25 games," said Benning. "That will depend on how they're playing and injuries and all that. It's always been our philosophy that we want two real good goalies so in case one of them goes down the other one can carry the load."

Canucks forward Daniel Sedin and a number of other teammates skated with the six-foot-six 196-pound Markstrom before training camp got underway in Prince George and said he's in good form.

"I think he might surprise a lot of people," said Sedin. "He's going to give Ryan a good fight. We're happy for him and excited to see what he can do."

Markstrom said his preparations didn't change for this season, adding that he's ready to finally show he belongs in the NHL on a full-time basis.

"You're not going to get anything for free in this league and at this level," he said. "It's a great league and there's a lot of good goalies." THE CANADIAN PRESS

IN BRIEF

Jays' sloppy D costs a W

The Toronto Blue Jays' usually smooth defence was due for a misfire.

Toronto had three errors and other defensive miscues as the Boston Red Sox rallied past the Blue Jays 4-3 on Sunday afternoon, their second straight loss.

"We've been playing outstanding defence so we're due for a clunker like this," said starting pitcher Mark Buehrle, who was charged with an error in the fourth inning. "We've just got to come back tomorrow and be ready for the Yankees." THE CANADIAN PRESS

Whitecaps carry play, but still soundly defeated

Carl Robinson didn't sound like a head coach whose team had just lost 3-0.

Andreas Ivanschitz, Gonzalo Pineda and Obafemi Martins had the goals for Seattle as the Sounders defeated the Vancouver Whitecaps on Saturday in a game that, despite the lopsided scoreline, the home side controlled for long stretches.

"I can't fault my boys in there today. I thought they were fantastic," said Robinson. "I was proud of them because we had a right go at (Seattle)."

Vancouver (15-11-3) lost 2-0 at home to the Sounders in May before returning the favour in a 3-0 triumph in Seattle last month against their cross-border rivals. THE CANADIAN PRESS

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Green Bay Packers' James Jones catches a touchdown pass in front of Seattle Seahawks' Richard Sherman during the first half. MIKE ROEMER/THE ASSOCIATED PRESS

Rodgers propels Packers to victory

NFL

Green Bay QB throws two TDs as Seattle lose again

SUNDAY In Wisconsin

PACKERS	SEAHAWKS
27	17

This time, the Green Bay Packers punched back in the second half against the Seattle Seahawks.

Aaron Rodgers threw for two touchdowns and the Green Bay Packers outlasted the Seattle Seahawks for a 27-17 win Sunday night in a bruising, physical rematch of last season's NFC title game.

Rodgers orchestrated a 10-play, 80-yard scoring drive, capped by a 5-yard scoring pass to Richard Rodgers. A 2-point conversion made it 24-17 with 9:28 left.

Jayrone Elliott made a lunging, one-handed interception of a short pass from Russell Wilson with 6:50 left, one of the rare mistakes in the second half for Seattle's dual-threat quarterback. The Packers (2-0) cashed in with one of Mason Crosby's four field goals on the night for a 10-point lead with 2 minutes remaining.

The Packers blew a 16-0 lead against the Seahawks in the playoffs last year. They held on after giving up 13-3 lead at halftime on Sunday.

The Seahawks, who fell to the New England Patriots in the Super Bowl last year, dropped to 0-2 for the first time since 2011.

Rodgers connected with favourite target James Jones for a 29-yard touchdown pass on the game's opening series. But the offence got bogged down or had to settle for field goals until the fourth quarter.

Rodgers was clutch against a defence missing safety Kam Chancellor, who is holding out for a new contract.

Young players such as second-year tight end Richard Rodgers and rookie receiver Ty Montgomery had big plays. So did Elliott, a second-year backup linebacker.

The defence held on when it mattered in the fourth quarter after giving up chunks of yardage earlier in the second half to dual-threat quarterback Wilson.

The Seahawks' last two series ended in turnovers. Besides Elliott's pick, Micah Hyde recovered a fumble by Fred Jackson with 22 seconds left.

Rodgers took a knee on the next play to end the game. He finished 25 of 33 for 249 yards.

Wilson was 19 of 30 for 206 yards, while running for 78 yards on 10 carries.

The Packers held Seahawks running back Marshawn Lynch to 41 yards on 15 carries. Green Bay counterpart Eddie Lacy left the game in the first quarter with a right ankle injury.

THE ASSOCIATED PRESS

Martial looking like real deal

PREMIER LEAGUE

United rallies to beat Saints; Canaries hold hosts Liverpool

At this rate, Anthony Martial might be a bargain.

Martial continued to repay the hefty fee Manchester United paid Monaco for him by scoring twice to spearhead a 3-2 win over Southampton in the Premier League on Sunday. Martial became the most expensive teenager ever in a deal that raised eyebrows on deadline day, but now has three goals in two league games.

"I have to say he is doing great," United manager Louis Van Gaal said. "He has the talent for it but when you are 19, you cannot expect consistency. Mostly they shall have dips. So that, I expect, but that is not a big problem for me. He has adapted to the system, that is important."

Danny Ings scored his first goal for Liverpool but couldn't prevent his team from extending its winless streak in the league to four games after a 1-1 draw against Norwich at Anfield — despite Daniel Sturridge returning after a lengthy injury layoff. In the day's early game, Son Heung-min netted his first league goal to give Tottenham a 1-0 win over Crystal Palace.

At St. Mary's stadium, United went behind after a strike by Graziano Pelle, but Martial equalized with his first chance in the 34th minute. Juan Mata lost the ball when he was tackled by Maya Yoshida and Martial capitalized, spinning strongly away from Virgil van Dijk before slotting a shot past Maarten Stekelenburg.

Five minutes into the second half, Martial was gifted his second. Yoshida drastically underhit a pass back to his goalkeeper and Martial collected the ball and clinically threaded the ball into Stekelenburg's far corner.

Pelle pulled one back for Southampton, but David De Gea helped United hold on.

In Liverpool, Christian Benteke lasted 45 minutes alongside Sturridge before being replaced by Ings at halftime due to a tight hamstring.

"It is disappointing and frustrating not to get the three points," Rodgers said. "We didn't pass the ball well in the first half but second half we created more opportunities. We had chances to win the game but didn't take them." THE ASSOCIATED PRESS

> **I've not slept a wink ... I was running on empty towards the end.**
>
> Norwich captain Russell Martin, who scored against Liverpool after dashing across England to see the birth of his son

Anthony Martial has three goals in his first two BPL matches. TIM IRELAND/THE ASSOCIATED PRESS

BPL TABLE

	W-D-L	PTS
Man City	5-0-1	15
Man Utd	4-1-1	13
West Ham	4-0-2	12
Leicester	3-3-0	12
Arsenal	3-1-2	10
Everton	2-3-1	9
Swansea	2-3-1	9
Palace	3-0-3	9
Tottenham	2-3-1	9
Watford	2-3-1	9
Norwich	2-2-2	8
West Brom	2-2-2	8
Liverpool	2-2-2	8
B'mouth	2-1-3	7
Chelsea	2-1-3	7
S'hampton	1-3-2	6
Aston Villa	1-1-4	4
Stoke City	0-3-3	3
Newcastle	0-2-4	2
Sunderland	0-2-4	2

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RECIPE Chocolate Ginger Banana Bread

Recipe serves 12

Ready in
Prep time: 40 minutes
Cook time: 20 minutes

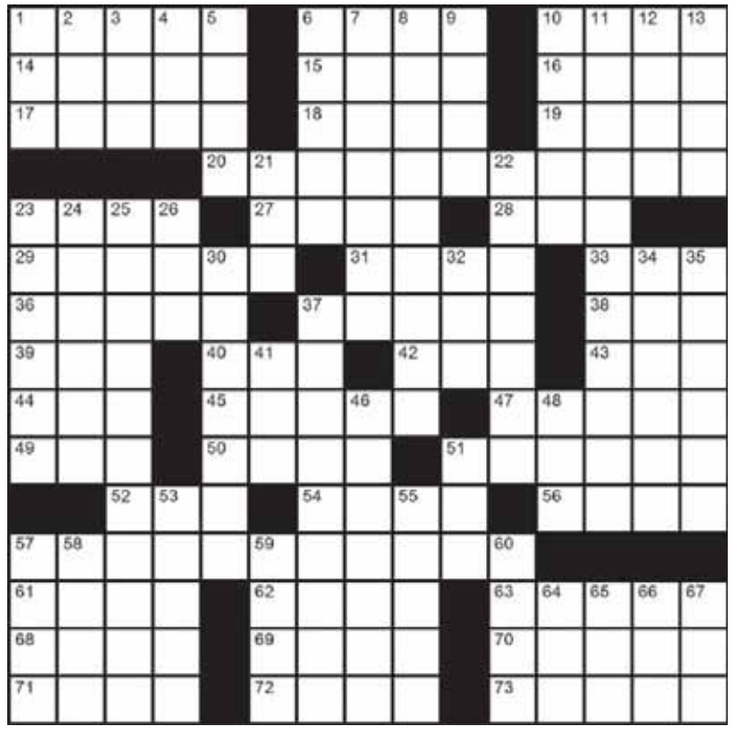
Ingredients
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup semi-sweet chocolate chips
- 1/2 cup chopped crystallized ginger
1/2 cup (1 stick) unsalted butter, room temperature
- 3/4 cup sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 large very ripe bananas, peeled and mashed (about 1 cup mashed)
- 1/2 cup sour cream or plain Greek yogurt

Directions
1. Heat the oven to 350 F. Butter or coat with cooking spray a 9-by-5-inch loaf pan.
2. In a small bowl, mix together the flour, baking soda and salt. Mix in the chocolate and the ginger.
3. In a large bowl, use an electric mixer to beat together the butter and sugar until light and fluffy, about 2 minutes. Beat in the eggs, one at a time, then add the vanilla. Blend in the mashed bananas and sour cream.
4. Switch to a wooden spoon and add the flour mixture in batches to the wet mixture, mixing just until each addition is incorporated. At the end, the batter should be barely blended (it will be thick). Transfer the mixture to the prepared loaf pan. Bake until a toothpick or wooden skewer inserted at the centre comes out clean, 40 to 50 minutes. Cool in the pan on a wire rack for 10 minutes, then turn the loaf out of the pan and finishing cooling upright on the wire rack.

THE ASSOCIATED PRESS

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Monks' superior
6. Decorative pillow cover
10. "_ _ can you..." (American anthem opener)
14. It makes a bride look like a princess
15. The Jackson 5 member
16. passu (Impartially)
17. Defences for castles
18. Sort of saxophone
19. "What _ _ off!" (It's too expensive)
20. British Columbia... Alert Bay, 'Home of the _ _'
23. Seafood fish of Hawaii, when doubled
27. Blood carrier
28. Urn stuff
29. Awkward
31. Guitar great Duane
33. Sidekick
36. TV-advertised knife set brand
37. Angler's basket
38. "_ Fine Day" by The Chiffons
39. Action word suffix
40. Madhouse
42. She's a sheep
43. Mr. Chaney Jr.
44. Celebrity chef Sandra
45. Radiant visions
47. Bud _ (Former MLB Commissioner)
49. Person in command [abbr.]
50. "_ Island" (2008)
51. Actor, Haley Joel _
52. Martini ingredient
54. Hospitals: 'O' in OR, for short
56. Ancient tale
57. Ontario town called 'The Heart of Muskoka'
61. VIP's ride
62. Unique
63. Golfer's selections
68. Household appliance
69. Have _ _ (Know 'somebody')
70. International Court of Justice
71. "Guarding _" (1994) starring Shirley MacLaine
72. Rockies, e.g.
73. Autumn colour

DOWN
1. 24-hr. banker
2. CV of life
3. Farm call
4. Scrap of supper
5. Job
6. Not fresh, at the bakery
7. Having more small mountains
8. Those present
9. Heathered expanse
10. Moonfishies
11. Canadian director who starred on "Road to Avonlea": 2 wds.
12. Seed covering
13. "Egad!"
21. Brick wall foliage
22. Considerably fewer: 2 wds.
23. University in Montreal founded in 1821
24. Like certain skirt styles
25. Movie franchise for Donald Sutherland: 2 wds.
26. AOL exchanges
30. Ms. Collins (Writer of the books on which the flicks at #25-Down are based)
32. Grass' morning blanket
34. Sprinkle with holy oil
35. Distance
37. Locale of the village at #20-Across, _ Island
41. Catherine Deneuve's 'Yes'
46. Bayer product
48. "Almighty Love" by Canadian singer Ms. Gryner
51. Assoc.
53. Desktop symbols
55. Utopias
57. Mark with ink
58. Tear apart
59. Irish author Mr. Stoker (b.1847 - d.1912)
60. Lingering sound
64. Lake: French
65. "Ick."
66. Office, for short
67. Behold

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may be a bit behind in your workload, but there is still time to catch up. Make a start right this moment and you will be well on top of things again!

Taurus April 21 - May 21
You have been in tune with the spirit of the times of late but all good things must end and later in the week things could get a bit confusing. Today though, you decide what is the most fun thing you could be doing.

Gemini May 22 - June 21
No one has the right to interfere in your affairs but certain people will continue to do so unless and until you tell them to mind their own business.

Cancer June 22 - July 23
You may be eager to find out what is going on behind the scenes, but don't let others think you are desperate or they will keep you in the dark even more, just for the fun of it.

Leo July 24 - Aug. 23
The Sun remains in the money area of your chart only until Wednesday, so you need to get your act together. There is still time to put your affairs in order and work out how you are going to make up for recent losses.

Virgo Aug. 24 - Sept. 23
Before you accept a promotion of some kind ask yourself if it is what you really desire, because if you change your mind later important people won't be too happy with you. Only ever do what feels comfortable.

Libra Sept. 24 - Oct. 23
There are so many new things you want to do but, for one reason or another, you have not been able to make a start on them. When the Sun enters your sign on Wednesday you will at last get the green light.

Scorpio Oct. 24 - Nov. 22
You won't be in a forgiving mood today, but if you are wise you will bite your tongue and not say anything hurtful. Give them that Scorpio "look" instead — they'll get the message.

Sagittarius Nov. 23 - Dec. 21
Don't worry too much if you are still waiting impatiently for things to happen because what occurs over the next few days will kick-start the rest of your year.

Capricorn Dec. 22 - Jan. 20
Over the coming week you will find that your responsibilities get a bit heavier as loved ones come to rely on you more and employers and other important people add to your workload.

Aquarius Jan. 21 - Feb. 19
Your best course of action now is to be as open and honest as you possibly can be, even if your first instinct is to clam up completely and keep what you know to yourself.

Pisces Feb. 20 - March 20
Recent cosmic activity in your opposite sign of Virgo has just about finished its job of toughening you up emotionally and soon you will be able to focus on more enjoyable things.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	2		5		9		1	
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3			4		7			5
		7		2		9		
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		4				7		
				8				

Difficulty Level ★★★

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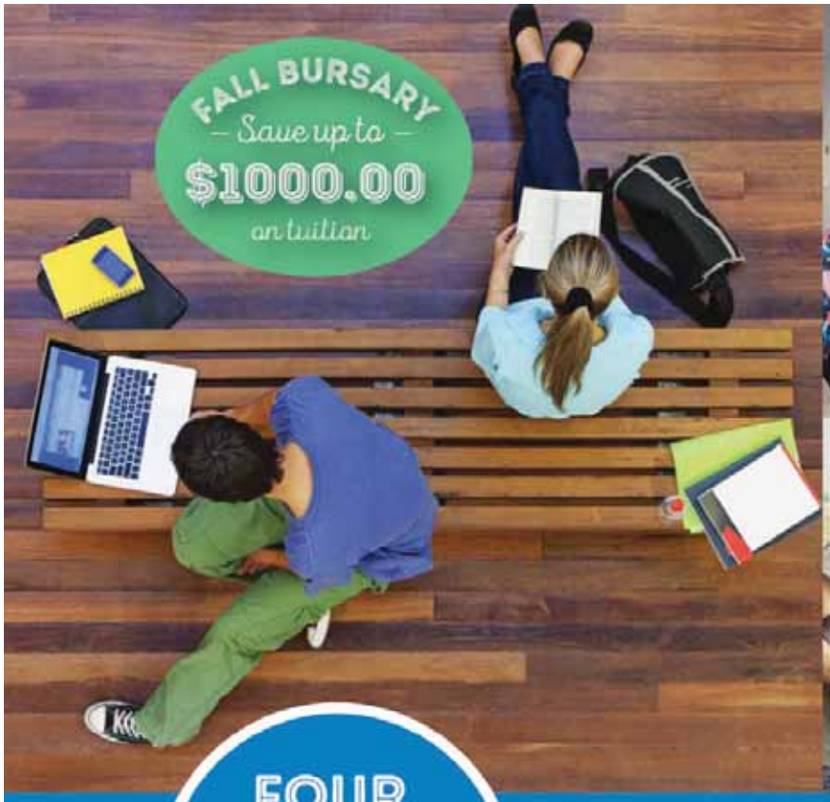

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